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TORONTO VOTES 2014



METRO TESTS THEIR METTLE

We sat down last week with four of the top mayoral candidates — John Tory, Karen Stintz, Olivia Chow and David Soknacki — pitting them against your questions gathered from social media. (Rob Ford declined to be interviewed.) Today, Tory defends his latent subway-funding plan and his history with Rogers — plus, use Metro AR to hear him give his elevator pitch.

Story, page 6.
DAVID VAN DYKE/METRO



For when you gaze long into the abyss ...

... the abyss gazes into you.
Use Metro AR to release

the horror of
Oculus **PAGE 14**

Space, not a grudge, kept mayor from lounge: MLSE

Ford had voted against a
BMO field expansion **PAGE 3**

Library adds movies, music to digital shelf

Hoopla. Toronto Public Library says Netflix-like service a part of rapid expansion in e-content

Have a Toronto library card? You can now access thousands of movies on your computer, tablet or smartphone for free.

Hoopla, a Netflix-like service for libraries, will go live Monday morning, instantly unlocking an online vault of over 10,000 films and 250,000

music albums.

Rumours of a Hoopla deal surfaced in January when the Toronto Public Library spoke of talks with the Ohio-based company, saying an agreement could be weeks away. The deal was recently made official, and the service is now available online.

The library confirmed the launch, saying it's the latest step in modern digitization.

"E-content is our fastest area of growth, with customers borrowing more than 2 million ebooks, audiobooks

and emagazines in 2013. We expect we'll see even more growth this year with the introduction of online music and video," said Vickery Bowles, the library's director of collections management, in an emailed statement.

But don't expect to binge-watch; Toronto library users are limited to five loans per month, with movies available for three days and albums for seven. Content is automatically "returned" at the end of the borrowing period, and unused loans don't carry over to

Modern library

Hoopla joins other future-focused initiatives at the Toronto Public Library, including access to 3D printers, green screens, video cameras and tablets.

the following month.

The movie collection is exactly what you would expect to find in a library. There are documentaries (National Geographic's Quest for the

Phoenicians), fitness videos (Harley's 5-Factor Workout), kids movies (Miley Cyrus in So Undercover) and an eclectic selection of classics (The Big Lebowski, The Neverending Story).

The music selection is mostly new Top 40, with albums by Drake, Lorde, Bastille, Katy Perry and Bruno Mars.

Users will still access audiobooks through the library's existing suppliers, OverDrive and OneClick.

TORSTAR NEWS SERVICE

'YOU'RE EITHER IN THE BOAT OR YOU'RE NOT': DAY 1

METRO LOOKS
AT IMMIGRATION
CHANGES THAT
WOULD MAKE
THE ROAD TO
CITIZENSHIP EVEN
HARDER **PAGES 10 & 11**



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'Irate' Leafs fan clashes with MLSE at game ...

But then mayor blew off steam at nightclub. Spokesman denies rejection based on Ford's vote on BMO

Mayor Rob Ford was not denied access to an exclusive lounge at the Air Canada Centre Saturday night because he voted against Maple Leaf Sports and Entertainment's plan to expand BMO Field, according to an MLSE spokesman. "That is absolutely not the case," said

Dave Haggith.

An official source said the exclusive Director's Lounge is invitation-only, there was a private function being held and the room was at capacity. Ford's vote on the BMO Field expansion on Thursday had nothing to do with it, the source said.

According to Coun. Frank Di Giorgio, who was with Ford, the mayor became "visibly upset" when he was blocked from entering the lounge, an area he's been allowed to go before.

The mayor complained that

he was being kept out because he voted against MLSE's plan.

"He just kept repeating it," said Di Giorgio. "That was when he became more and more irate."

People around the mayor were agreeing with him, which helped to "egg the mayor on and get him into more trouble," Di Giorgio said. The councillor said security guards spoke to him and asked him to tell the mayor there was a private function occurring in the lounge, in an effort to stop him from repeating the allegation.

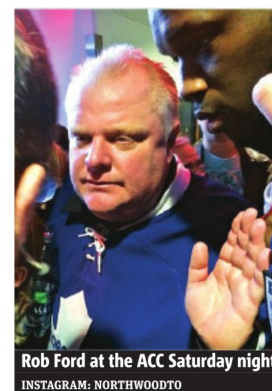
"I did, but he was adamant

that, 'No, that's not the reason' ... He's very opinionated and you're not going to convince him otherwise."

The councillor lost track of Ford after the game, which concerned him because the mayor had been invited to a function in Di Giorgio's ward hosted by the Italian-Canadian community. "He essentially wouldn't tell me where he was."

In fact, Ford returned to city hall and stayed until 1:30 a.m., then took a taxi and was later spotted at Muzik nightclub, one of his favourite haunts.

TORSTAR NEWS SERVICE



Rob Ford at the ACC Saturday night.
INSTAGRAM: NORTHWOODTO

Gas plants scandal

Hudak stands by shots at Wynne

Breaking two days of silence on a libel notice from Premier Kathleen Wynne, PC Leader Tim Hudak says he won't "back down" on comments about her involvement in the \$1.1-billion gas plants scandal.

"They're not going to silence us," he said Sunday. "We're not going to back down. Of course not."

Hudak was responding to a libel notice served Friday by Wynne's lawyer over comments he made that "she oversaw and possibly ordered the criminal destruction of documents."

His remarks came after OPP revealed they are investigating former premier Dalton McGuinty's last chief of staff for breach of trust.

TORSTAR NEWS SERVICE



Holi moly, this is a delayed spring!

Revellers gather at Woodbine beach to celebrate the Holi festival of colours in Toronto. Although this event was delayed from a March date due to bad weather, the sunny skies Sunday had everyone in a good mood. The festival signifies the victory of good over evil, the arrival of spring and the end of winter. CARLOS OSORIO/TORSTAR NEWS SERVICE

1 NEWS

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Departs Jun 7/nol/ts.



A priest blesses the congregation with incense during church service at Saint Augustine Secondary School in Brampton, Sunday. Members of the Ukrainian church were displaced when their church burned to the ground on Saturday. TORSTAR NEWS SERVICE

St. Elias' flock rises from ashes

Brampton. Congregants gathered at nearby school Sunday after wooden church went up in flames Saturday

"The building is no more," Father Roman Galadza told the children sitting at his feet and the adults gathered behind them. "But the church remains because it's you and it's me. It's all of us."

Brampton's St. Elias church burned to the ground on Saturday, yet it was almost visible again the next morning as more than 200 parishioners sang for nearly two hours under the glass atrium of St. Augustine Secondary School, only blocks away from the charred remnants of their spiritual home.

The elaborate wooden



The main vertical support timbers of St. Elias the Prophet Church are the only thing left standing after an early morning fire engulfed the wooden structure on Heritage Road north of Bovaird Dr. in Brampton. TORSTAR NEWS SERVICE

church was built in 1995 and featured three domes and intricate paintings of religious icons on the ceiling. It's unclear how the fire started, though foul play is not suspected.

Like many, Galadza was already speaking of rebuild-

ing the church and was able to work that into a pre-Easter sermon.

"Great Friday came early for us. Jesus was resurrected in three days. God: Give us two years."

TORSTAR NEWS SERVICE

Shakeil Boothe

Brampton couple convicted of second degree murder

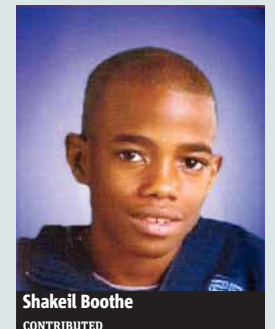
A couple was convicted of second degree murder on Saturday of killing the man's 10-year-old boy who died after months of horrific abuse and neglect.

Nichelle Boothe-Rowe started crying after the jury handed down its verdict while

Garfield Boothe remained stoic. They did not look at each other.

Jurors heard gruesome evidence of how Garfield Boothe's son Shakeil was beaten, deprived of food and chained to his bed in the months before he was found dead in his bed on May 27, 2011. Court heard the boy died "minutes to hours" after a savage beating that caused widespread internal bleeding.

THE CANADIAN PRESS



Shakeil Boothe
CONTRIBUTED

Learn more.

Megan Nelles

Student, Business & Professional Studies, holds a PhD in Medical Biophysics and is a Scientific Associate with the Ontario Cancer Institute, University Health Network.

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TORONTO VOTES 2014



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

We tried, but John Tory wouldn't budge.

He stayed mum on his position on how to fund the "Yonge Street relief line" and when he'll release his fiscal plan for the city, saying it's "not sensible" to come out with his full fiscal plan until the province releases its budget this spring, which will impact city finances.

When we asked readers for the questions they'd like to ask Tory, some appeared frustrated with the lack of specifics from his campaign — like @YYZMarc on Twitter, who asked, "In the private sector, did you ever propose a massive capital project with no plan to pay for it?"

"Well, no, I didn't," Tory answered.

He added, "I will have a plan, it will be complete, it will represent dedicated monies included in it to pay for the Yonge Street relief line.

"It will come out before the election."

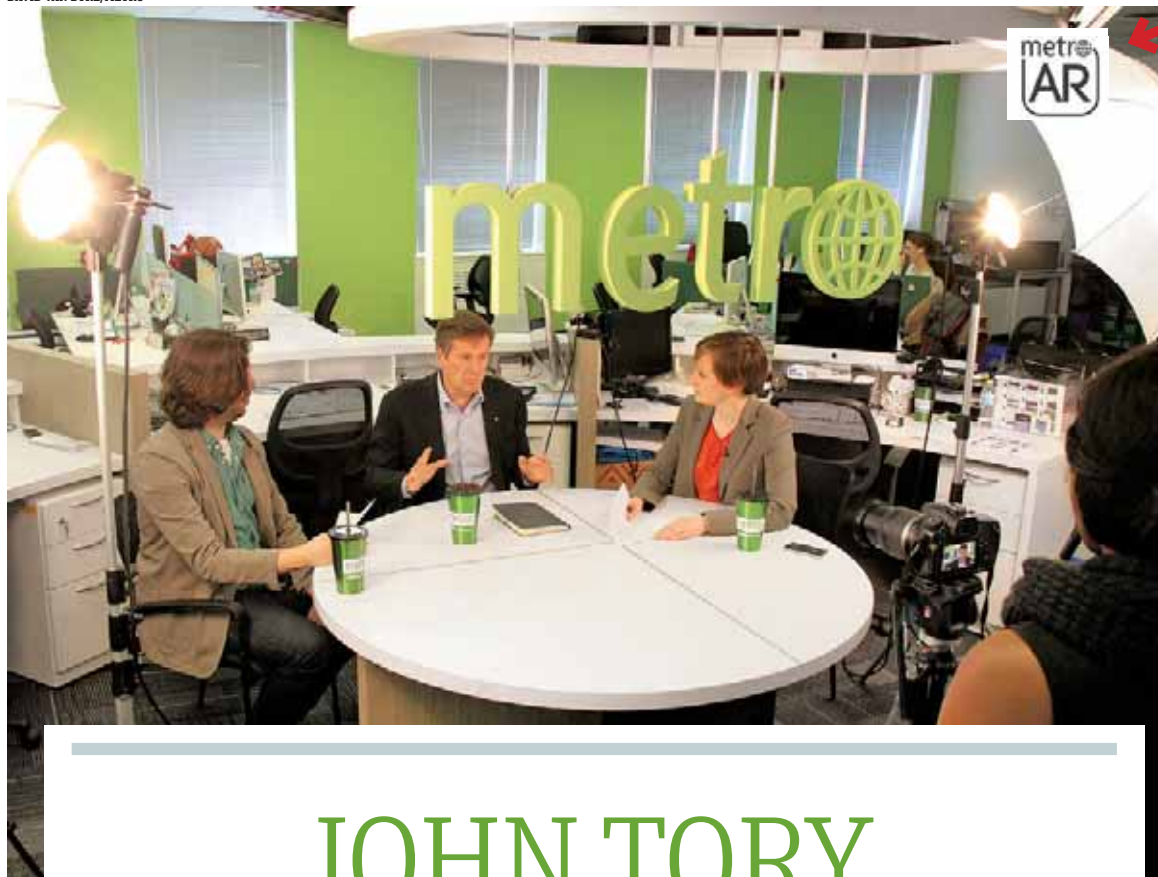
Tory wouldn't give us a date for his plan's release — but said, come Labour Day, he won't be telling us he's still fine-tuning it.

Tory did comment on incumbent Mayor Rob Ford's fiscal record, answering a question from Twitter user @Joseph_F_Curry on what Tory thinks about Ford's billion-dollar savings claim.

Tory said that, as an example, \$23 million in "savings" listed in Ford's billion were due to fuel prices being lower than what the TTC had budgeted for.

"And I know there's some people who believe, and even I sometimes wonder, whether gasoline prices are controlled from inside

DAVID VAN DYKE/METRO



JOHN TORY

We took questions on social media hashtagged #MayorQs and put them to four of the top mayoral candidates at the Metro office last week. This week, we're publishing the news and analysis. For video highlights, go to metronews.ca.

"NOT LEFT, NOT RIGHT, BUT FORWARD"

some mountain in Switzerland by secret meetings. I wasn't aware, if there are such meetings (that) Rob Ford was there and had any influence on that.

"So, therefore that

shouldn't be counted in his savings."

While Tory's experience as CEO in the private sector is seen as an asset to many, others seem to hold their negative customer service

experiences with Rogers against him.

"Well, business and government aren't the same thing," said Tory.

"But having said that, I worked as hard as any-

thing ... on improving customer service and did I leave after eight years plus with things having been totally sorted out, when you have millions of customers? No I didn't.

"Did we make progress? Yes, yes we did."

Tory remains a Rogers board member. Until January, he was registered as a lobbyist for Rogers.

A recurring theme in the questions from readers was the polarization of the city — suburbs versus downtown, taxpayer versus resident, right versus left.

On that issue, Tory spoke about his stint as chairman of the Greater Toronto CivicAction Alliance, where people from different political backgrounds worked together on citywide issues like ways to fund new transit.

"I think if you go with Mr. Ford, you polarize — because it's already polarized — and he can't get anything through council.

"And if you go with Ms. Chow, you polarize. And I'm saying (with me) you take the city not left, not right, but forward," he said.

"And I think that's what people want."

But either way, this kind of politicking and spin doesn't look good on a guy who has spent his non-politician years developing a reputation as a non-partisan and honest voice on important issues.

Going forward, Tory needs to remember the reasons people like him as an advocate and a personality.

There's no need to abandon those qualities just because he's decided, again, to be a candidate.

Lacklustre interview

Talking points may be Tory's downfall



MATT ELLIOTT
metronews.ca

John Tory is good at a lot of things. I'm still not convinced one of those things is being a politician.

During his Metro Toronto

interview, Tory was at his least effective when he went to his political talking points. There's no denying that Tory is a passionate advocate for civic issues, but he seems uncomfortable in his attempts to channel that passion toward political success.

Nowhere in our interview was that more clear than when Tory attempted to answer a question about his support for the Scarborough subway from Twitter user

@PaulBretscher, who asked, "Why spend \$1B more on Scarborough subway, to serve fewer people, 4y slower?"

In his answer, Tory went straight to the standard talking points.

The subway, he said, is, "a long-term investment that will be proven to be very valuable in terms of development and jobs. I think people forget, for example, that we have to rebuild the LRT in 25 or 30 years,

just like we have to with the Scarborough RT. With a subway we won't have to do that."

It was an odd thing to hear from Tory, because his points were both illogical — why exactly would the subway create more development and jobs than a grade-separated LRT? — and misleading. There's no truth to the notion that light rail only lasts a couple of decades while subways last much longer; all transit

infrastructure comes with maintenance costs.

His arguments were made worse by the fact that under the LRT plan he opposes, all maintenance costs were to be paid for by the provincial government, leaving the city off the hook.

My suspicion is that Tory might understand that, were he not trying to lock down votes and score political points against LRT-supporting Olivia Chow.

Search teams race against time to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.



A U.S. navy P-8 Poseidon plane takes off from Perth airport in Australia on Sunday to rejoin the search operation for the missing Malaysia Airlines Flight MH370. ROB GRIFFITH/THE ASSOCIATED PRESS

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions about whether any of

the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian Air Chief Marshal Angus Hous-

ton, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month. THE ASSOCIATED PRESS

Call for help. U.S. navy rescue sick baby girl from crippled sailboat

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound U.S. navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman, leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air Nation-



Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3. THE ASSOCIATED PRESS

al Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water.

THE ASSOCIATED PRESS



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Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to have evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Addie MacCallum.

"We believe this was a deliberate act."

He wouldn't release any details on the victims, including the gender, but said there are "more than one" between 12 and 18 years old who are from Nova Scotia.

Current status

The accused teen has been released to the custody of his parents on conditions, and is due in youth court April 14.

MacCallum said police are in the early stages of their investigation, and more charges such as the production of child porn could be laid.

This type of incident where a teen faces child porn offences is "not a common thing," MacCallum said, but he has noticed an increase over the last few years due to social media making these cases more prevalent.

"You're dealing with a very vulnerable segment of the population," MacCallum said.

HALEY RYAN/METRO IN HALIFAX

On the stump. Mulcair says campaign has begun

If there was any question over whether the next election campaign is already underway, New Democrat Leader Tom Mulcair put those doubts to rest this weekend.

"Our campaign is already starting," he said in French during a stump-style speech on Sunday to party faithful.

To underscore that point, the NDP announced it has put in place the team that is going to lead it into the next federal election. MPs Jean Crowder and Alexandre Boulerice are to be the architects of the NDP's 2015 election strategy, while veteran strategist Anne McGrath is the party's new na-

tional director.

But it was Mulcair's address to the NDP's federal council — and his broadside against Liberal Leader Justin Trudeau — that really drove home the point that the campaign is in full swing.

The Liberals under Trudeau have been trying to court middle-class voters in the run-up to the next election. But the NDP leader said Trudeau's upper-class upbringing puts him out of touch with middle-class Canadians.

"The problem is, Justin Trudeau will never know what middle class means," Mulcair said. **THE CANADIAN PRESS**

Quebec election

Marois optimistic despite polls

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

Marois and Quebec's other political leaders were in their final sprint to round up support in what appears to be a tight race to victory in Monday's election.

THE CANADIAN PRESS

Yoke of imperialism?

Ottawa will fight to keep oath

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional.

Three longtime permanent residents argue the citizenship requirement is discriminatory and violates their rights to free speech.

Documents filed with the Ontario Court of Appeal, which will hear the case Tuesday, show Ottawa intends to fight any adverse decision. **THE CANADIAN PRESS**



Renn and her mother, Fran Forsberg, pose for a photograph at their acreage just outside Saskatoon on April 1. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. **LIAM RICHARDS/THE CANADIAN PRESS**

Fight to change birth certificates

Human rights complaints. Transgender children want the ability to change sex on identification documents

Quoted

"Officials should be able to look at me, see my name, my date of birth and see I'm a nice little girl and that's that."

12-year-old Harriet Cunningham of Comox, B.C., who filed a complaint that led to a bill that would allow people, even children, to change the sex on their birth certificates without surgery

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, the sex box now marked with an "M" should be removed from the document altogether.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, says governments need to keep up with changing times. Birth certificates once listed a baby's race and a father's occupation, she says, and a sex designation is just as archaic.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to

be listed as a boy. That sparked her family to fight for a new birth certificate, a basic piece of paper needed to apply for most identification documents.

Forsberg says it's also about fighting for others.

"I've been contacted by so many other parents that are recognizing gender-variant children," she says. "So it's not just about Renn."

In the 1970s, most provinces changed their laws so people could change their birth certificates after sex reassignment surgery. The revision left out transgender children, because people must be at least 18 to be eligible for the surgery.

At the time, the legal change was "unbelievably progressive," says Karen Busby, a law professor and expert in sexual and reproductive rights at the University of Manitoba. Some 40 years later, she suspects all provinces

are preparing for another overhaul.

In 2012, Ontario's human rights tribunal declared it discriminatory to require an actual sex-change operation for a transgender woman who wanted to switch to female from male on her birth certificate. The province quickly revised its legislation to allow a change with a note from a doctor or psychologist testifying to a person's gender identity.

The province set an age limit of 18 and over and said it needed more time to consider the issue.

Other human rights complaints have since been filed in at least three other provinces: British Columbia, Alberta and Manitoba. Busby suspects there are probably more.

"I wouldn't be surprised to find out that there's a complaint in just about every prov-

Not just M or F ...

Earlier this year, Facebook added 58 custom options to its gender category, including:

- Androgynous
- Bigender
- FTM (female to male transgender)
- Gender Fluid
- Gender Questioning
- Intersex
- MTF (male to female transgender)

ince to push this forward."

In Manitoba, a spokeswoman with the human rights commission says a complaint filed at least two years ago has prompted discussion about possible changes to legislation. A government spokesman said changes are being considered but no announcement has been scheduled.

THE CANADIAN PRESS



Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. THE ASSOCIATED PRESS

Rwanda's pain is remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She

is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to

some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emmanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his many victims during nightmares. In 1996, he turned himself in and confessed. His prison term lasted from 1997 until 2003. THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die. The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay



Alain Ntwali
THE CANADIAN PRESS

one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali.

On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide.

Ntwali will carry the memories of his deceased parents and dozens of relatives, who were among the ethnic Tutsis killed in the slaughter. And he will be haunted by the lessons from the world has yet to learn from it.

THE CANADIAN PRESS

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How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavis.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness

and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times,
hard times

4

come all?



Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

work, he said.

But one academic differs. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902 The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.	1913 Nearly 800,000 people immigrate to Canada, most of them with British roots.	1914-18 Immigration slumps during the First World War.	1928 The opening of Pier 21, the Atlantic gateway to Canada.
1950s Canada receives about 1.5 million immigrants from Europe.	1962 New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.	1979-80 60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.	2002 The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



Paula Garcia

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher



Surya Acharya

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



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Are pot stocks a token, er, joke?



HOW TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express. Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with investing pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges,



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the

developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

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ISLAND AIRPORT DEBATE SHOULD WAIT

There are no winners or losers yet in the debate over whether to expand the island airport to accommodate jets, but city council did do something important when they considered the issue last week: They delayed things.

The final decision on airport expansion will now be made in 2015, which coincidentally is also the year the Union Pearson Express is set to open. This is big news, because the UP Express — which will whisk travellers by rail from Pearson airport to Union Station in just 25 minutes — could erase one of the key arguments advanced by supporters of Porter Airline's expansion plans.

This new train could leave us wondering why we ever even had this island airport debate in the first place.

When I talk to people who have jumped on board with the jets plan, they generally cite three things.

The first is that they really like the experience of fly-



URBAN COMPASS

Matt Elliott

toronto@metronews.ca

ing Porter, what with the complimentary beer and snacks. They'd like to have that experience when flying to more destinations. But none of Porter's freebies are necessarily guaranteed to last, and free booze and nuts don't strike me as compelling reason to expand an airport runway.

The second thing supporters talk about is that flying out of the island airport is so much less stressful than flying out of Pearson, owing to the lack of crowds. This is a fair point, but I'm not sure why anyone who appreciates the crowd-free status quo would also push for airport expansion — something that would bring more crowds. It's a contradictory argument.

Which leaves us with the most commonly cited argument in favour of island airport expansion: convenience. For many, getting to the foot of Bathurst Street is about a hundred times easier than getting to Pearson. Taking transit to the island is easy, whereas Pearson means a

multi-transfer TTC trip, a pricey cab ride or making puppy-dog-eyes at a friend with a car.

And that's why the UP Express is so important. Presuming the train is priced right — I'd suggest fares need to be less than \$10 a person — this new transit connection will make getting to Pearson close to as easy as getting to the island airport. That's a huge change.

It never made sense to talk about expanding the island airport — a scheme that brings with it potentially hundreds of millions in needed infrastructure improvements — while the government is simultaneously spending \$456 million on a train to Pearson.

Before we waste any more time discussing Porter's plans, planners need to get real-world data on how the UP Express impacts travel patterns and demand for island flights.

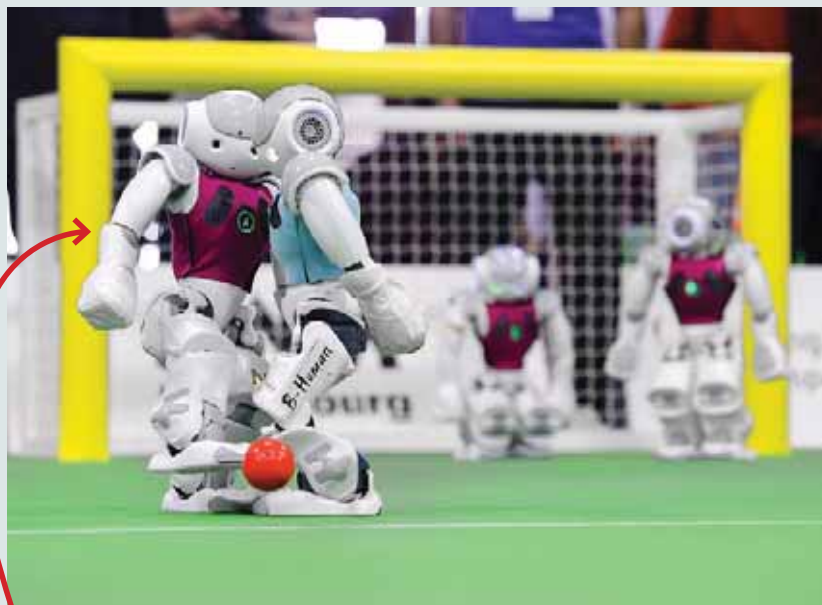
In other words, before we go any further with airport expansion, let's wait for the train.



Read more of Matt's blog, *Ford for Toronto*, at metronews.ca

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLUETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12



Participants check out robots at the 2014 RoboCup. GETTY IMAGES

countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

What about World Cup?

- Dystopian future. The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- Not all fun and games. The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 6 and 10-11 in News, page 14 in Scene, and page 20 in Sports.

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MetroTube

One Vine account worth watching



ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



ISTOCKIMAGE



SCENE 2

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Director reflects on his horror hang-ups

Mirror, mirror.

The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
scene@metronews.ca

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like The Boogeyman and Mirrors have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, Oculus.

Oculus is the followup to director Flanagan's unnerving low budget horror hit Absentia. And like that meticulously designed, grim fable, Oculus uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mys-



Oculus opens on Friday. CONTRIBUTED

terious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the director's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles. "My childhood was very great. Probably the safest and most normal of middle-class military families. So I

don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?'"

"Maybe watching and making movies are a playground to exorcise any demons that might be there. Movies keep me happy, I guess."

Quoted

"Maybe watching and making movies are a playground to exorcise any demons that might be there."

Mike Flanagan on making horror films

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OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Juan too many? Drinks tossed at ex-Bachelor



STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of *How I Met Your Mother* lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying

fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

This week in abject disappointment: 1) A woman spent some \$25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for *Playboy*. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale isn't it?

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned

because I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.



James Franco ALL PHOTOS GETTY IMAGES

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3
LIFE

Switch and bank chunk of change

Call to account. To save bucks, find a bank that suits your needs



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. iSTOCK

Found your new bank? Follow these five steps to make the switch as painless as possible

1 Open the new account and get all the information you'll need like the account number, your branch number, and the like. If you're using cheques, order some.

2 List your auto-transactions. What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.

3 Reconcile your account.

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

4 First switch over all deposits and then switch over the withdrawals. That way there will be money in the new account when withdrawals start.

5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals. Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more

than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

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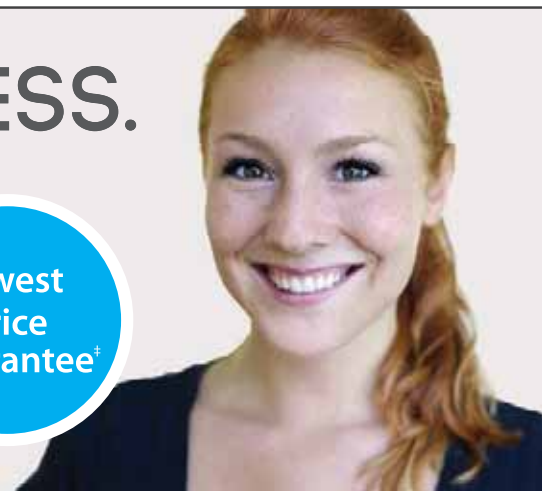
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Start the week on a light dinner note



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If you want a new twist on serving your salmon, you've got it right here! Serve up this Salmon with Pesto and Cream Cheese.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later. To toast the pine nuts or almonds, just place a dry skillet over high heat, add the nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I use the method of measuring the salmon at the thickest part. For every one inch of thickness,

FLASH FOOD



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stick to the rule of baking for 10 minutes at 425 F.

Directions

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep. Stuff each fillet by dividing the pesto filling between the 6 fillets.

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts
- Pesto**
- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

4. Place on prepared baking sheet and bake for 10 minutes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves six. ROSE REISMAN

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When cash is part of the curriculum

The Work Colleges.

Institutions across the United States are tackling student debt woes by making working during school a requirement

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials



What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know,

dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than \$1 trillion, "earning while learning" is becoming more appealing for some

students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling College, Alice Lloyd College in Pippa Passes, Ky., Berea

What does labour do for learners?

- The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions. Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must

work to cover their educational costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at \$11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

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You took a nap at the office?

Getting serious about siesta. Author says that having a little doze at your desk could in fact be good for productivity

EDWARD THOMPSON
Metro World News

Our failure to unplug from computers and smartphones before bed is causing a dramatic rise in sleeplessness, a study by the University of Hertfordshire, England has revealed.

Professor Richard Wiseman, one of the academics behind the research, found that two thirds of Brits are now getting less than seven hours sleep. This sleeplessness not only has an effect on day-to-day functioning and work productivity, but is putting people at an increased risk of heart attacks, diabetes and cancer.

However, there is some good news for those of you who are guilty of dropping off



The blue light emitted by computers, tablets and smartphones can disrupt your sleep. Better to turn devices off an hour before going to bed. ISTOCK

at your desk, as Wiseman states in his new book, *Night School: Wake Up to the Power of Sleep*, that a short afternoon nap can increase cognitive sharpness.

Wiseman explains to Metro why we all need to shut down at night and why Mr. Sandman shouldn't be shunned from the office.

How is technology detrimental to a good night's sleep?

Devices emit a light that falls toward the blue end of the spectrum, which disrupts the production of a hormone called melatonin that makes you feel sleepy. Blue light has a very negative effect on the hormone, so people should avoid

computers, tablets and smartphones an hour or so before going to bed.

Is sleeplessness on the rise?

Yes, certainly in the U.K. Two-thirds of the population are counted as sleep-deprived (under seven hours per night). A year ago that was around 40 per cent, so there's been a 20 per cent increase, which we're putting down to smartphones and tablets.

Why is it better to read a book before bed?

TVs, like computers, give off a blue light, so you're better off reading something not very exciting in a low-ish light.

What are the benefits of a power nap?

There are huge benefits. We're designed to nap at one or two in the afternoon. It's important to avoid sleeping for more than 90 minutes because that disrupts your sleep at night. Around 20 minutes is good because it's a light sleep, but even a six-minute nap can clear your head. Employers don't like it but you'll see a rise in productivity because people are a lot more focused.

You also collated data on the most common dreams among participants, so which celebrity popped up most among dreamers?

On our dream database George Clooney was particularly popular among women. One woman, who would dream about him, was having this ongoing and elaborate affair.



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SPORTS 4

Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign."

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-



Brian Roberts of the New York Yankees gets the force out of Maicer Izturis at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just 3 1/3 innings. He struck out six but walked three and hit a batter with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE CANADIAN PRESS

NBA

Knicks crumble under weight of LeBron's 38

LeBron James scored 38 points, Mario Chalmers added 15 and the Miami Heat survived a three-point barrage from New York's J.R. Smith on the way to dealing the Knicks' playoff hopes a big blow with a 102-91 victory on Sunday.

Chris Bosh added 14 points and Ray Allen had 12 for the Heat.

THE ASSOCIATED PRESS

Premier League

Gerrard's pair puts Reds back on top

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was thrashed 3-0 by Everton. THE ASSOCIATED PRESS

Bahrain Grand Prix

Mercedes earns second 1-2 finish

Lewis Hamilton edged Mercedes teammate Nico Rosberg after an intense race-long duel to take victory by one second at the Bahrain Grand Prix on Sunday. It was the Mercedes pair's second one-two finish in eight days.

THE ASSOCIATED PRESS

THE FINAL STRETCH

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PROUD PARTNER OF THE 2013-2014 SEASON

Finding a way away

NBA. The Raptors are winning in tough road arenas, and it's a bit of an anomaly

The pleasant surprises from this unexpected Raptors season have been numerous.

The emergence of DeMar DeRozan as an all-star, the strong-willed leadership of Kyle Lowry, the speed and success with which they integrated four new players into the rotation about a quarter of the way into the season, the 45 wins, Atlantic Division lead, the buzz they've created around the league.

All of that, however, pales in comparison to a truly astonishing turnaround for a team headed to the post-season for the first time since 2008.

They have been incredibly successful on the road.

In a sport where home court advantage counts more than any other, in a league where



Raptors big man Jonas Valanciunas had 17 points and 13 rebounds in a 102-98 win on Saturday night in Milwaukee. JEFFREY PHELPS/THE ASSOCIATED PRESS

road trips are arduous and difficult and tiring, the Raptors will finish this season over .500 on the road, the first time in franchise history that's ever been accomplished.

It is the biggest reason they are where they are — third in the East, leading the Atlantic — and there is no single explanation for it.

They have beaten the Mavericks in Dallas, the Thunder

in Oklahoma City and the Grizzlies in Memphis; they have won on long road trips and short one-gamers; they are one of just three Eastern Conference teams with winning road records and it's set them apart.

And it's come totally out of the blue.

"Even with a veteran team we had in Dallas and Seattle (as an assistant coach), it was tough to win on the road,"

coach Dwane Casey said after the Raptors assured themselves of a winning road record by beating the Bucks 102-98 in Milwaukee on Saturday night.

"Our focus has been good on the road for whatever reason. We keep the same routine, we try to make sure our travel is efficient, which is sometimes hard to do, so guys can get rest."

Casey and the players have talked all season about the more intense focus the Raptors seem to have on the road. They don't seem to care who the star of the night is, as long as they win. That attitude exists at home but it's historically harder for NBA teams to win on the road and that togetherness and determination count for a lot.

"We keep everything together," said Greivis Vasquez. "Great chemistry, healthy locker room, great work ethic, we're so connected to each other."

"This is a unique team and hopefully we come back next year because if we keep this team the way it is now, it's going to be scary."

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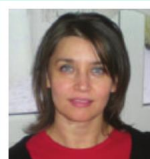
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Horoscopes

Aries

March 21 - April 20
You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

Taurus

April 21 - May 21
Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

Gemini

May 22 - June 21
Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

Cancer

June 22 - July 23
Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

Leo

July 24 - Aug. 23
Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

Virgo

Aug. 24 - Sept. 23
Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

Libra

Sept. 24 - Oct. 23
Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

Scorpio

Oct. 24 - Nov. 22
You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

Sagittarius

Nov. 23 - Dec. 21
Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

Capricorn

Dec. 22 - Jan. 20
Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

Aquarius

Jan. 21 - Feb. 19
You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

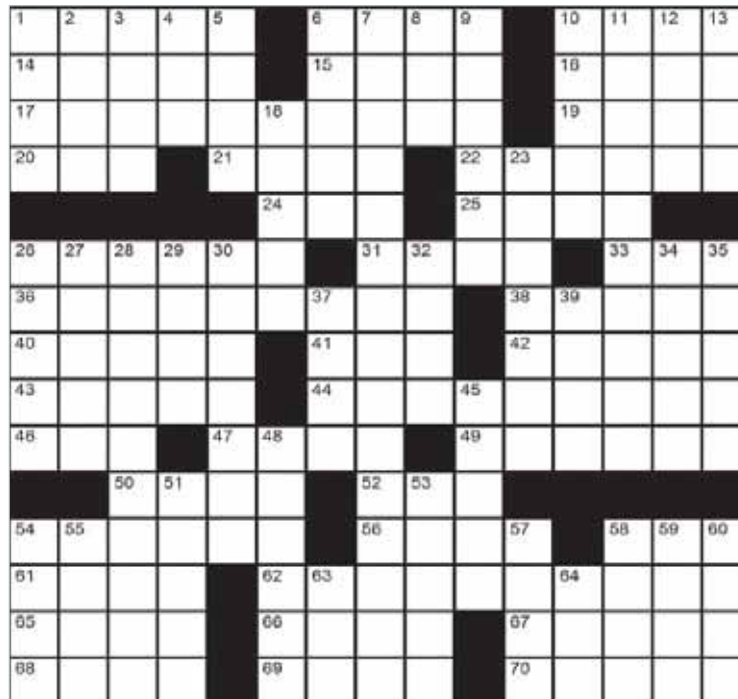
Pisces

Feb. 20 - March 20
Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. City in Quebec
6. ___ is me :(
10. "Dial ___ Murder" (1954)
14. Valley in Ontario depicted by The Group of Seven
15. "Go! Go! ...and Go!"
16. Singer Mr. Blacc
17. NFLD.: Peridotite rocks in Gros Morne National Park
19. Bereft, in poetry
20. I am. You ___
21. Ancient harp
22. Savvy
24. Purring pet
25. 2014
26. Materialize
31. Legal gig, __. DA
33. Caesar's 2050
36. Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
38. English actress Anna
40. "If ___ a Carpenter"
41. Ms. Hagen
42. Cartoon kid on "The Cleveland Show"
43. Sporty events
44. BC city
46. Pou ___ (Vantage point)
47. Undecided
49. Rented
50. Alaskan city
52. Volkswagen car, Jetta ___
54. Metric measures



56. Labels
58. Shania Twain's "Any ___ of Mine"
61. Shape sort
62. Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
65. Kind
66. Mr. Ferrigno's
67. Purposes

68. Catches
 69. French 101 verb
 70. The ___: "What's Fair Is Fair" band from Nova Scotia
- Down**
1. Spying's Hari
 2. Culture medium
 3. Mr. Kaplan
 4. Graduation bird
 5. Highlander

6. Scarlett's surname
7. Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: ___ ___
8. Library ref.
9. Written works
10. Mediterranean island
11. They were owned by Canadian family

- The Ogilvies: 2 wds.
12. Certain cloud
13. Quebec singer Mr. Simard
18. Fitness fabric
23. Unconstrict: 2 wds.
26. Types of rulers [var. sp.]
27. Be a kitten. See a toy. Do this: ___ it.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

28. Time in The New World before the Europeans
29. Jane ___ (Famous book)
30. Fantastic
32. Hoax
34. Type of disturbance
35. Andrew Webber link (Musicals composer)
37. Dylan's portrayer on "Beverly Hills, 90210"
39. Uncommon, in Latin
45. HMS Bounty: Captain ___
48. Mortar and ___ (Kitchen duo)
51. Heraldic wreaths
53. Expire
54. Shelley of "Cheers"
55. Jazz vocalist Ms. Anderson
57. Procedure, for short
58. Mr. Holmes, Canadian contractor
59. "___ Good Men" (1992)
60. Headland
63. Deteriorate
64. WWII part

Friday's Crossword

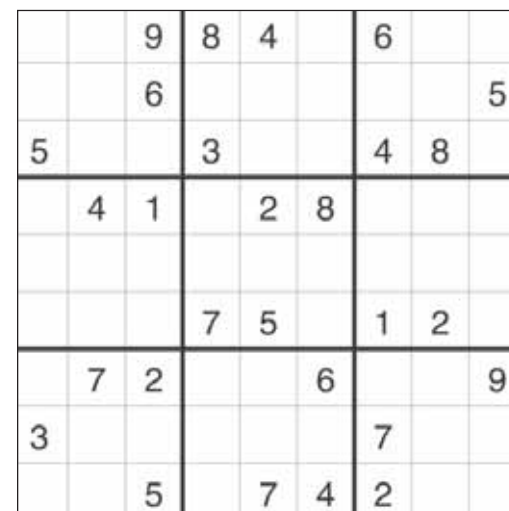


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



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